New Haven Health Survey
A Snapshot of Health in Fair Haven

An important part of improving your community’s health is knowing where you and your neighbors are healthy and where there is room for improvement. We present the results of the New Haven Health Survey conducted in your neighborhood in the fall of 2012 so that you, the residents of Fair Haven, have the information you need to make your neighborhood as healthy as it can be.

Current Health

Fair Haven residents experience health disparities that need to be better understood for positive change.

Chronic Disease in Fair Haven, 6 CARE Neighborhoods, Connecticut* and United States*

In Fair Haven, 7.1 in 10 people are overweight (28%) or obese (44%).

In 6 CARE Neighborhoods, 7 in 10 people are overweight (27%) or obese (43%).

In Connecticut*, 6 in 10 people are overweight (37%) or obese (23%).

*Behavioral Risk Factor Surveillance System (Center for Disease Control)

Health Behaviors

Rates of exercise and smoking in Fair Haven are similar to the six-neighborhood rate.

17% meet the recommended consumption of fruits and vegetables (5 servings per day)

54% meet the recommended amount of exercise (150 minutes per week)

In Fair Haven, 3 out of 10 people smoke cigarettes.

2.7 out of 10 people in Fair Haven smoke cigarettes.

Thanks to survey partners:
Yale-New Haven Hospital, DataHaven, Donaghue Foundation, Kresge Foundation, New Haven Health Department, Fair Haven Community Health Center, Cornell-Scott Hill Health Center
Barriers to Good Health in Fair Haven

There are many challenges that keep people from being healthier. Some factors are not easy to control – like having a job with health insurance, affording healthy foods in your neighborhood, or having a safe place to exercise. Other things – like walking with your neighbors and cutting down on junk food – are more within our control.

Healthy Food

41% of Fair Haven residents report food insecurity (they or their family “often” or “sometimes” did not have enough food or money to buy food in past month)
40% not always able to afford fresh vegetables
38% not always able to afford fresh fruits
34% not always able to afford healthy cooking oils

Safe Places to Exercise

73% of Fair Haven residents agree that there are safe sidewalks and crosswalks in the neighborhood
59% agree that the sidewalks are well maintained
40% agree that there are safe places to bicycle
67% agree that there is access to free or low cost recreation facilities such as parks, playgrounds, and swimming pools
74% feel unsafe to go on walks at night
34% feel unsafe to go on walks during the day

Quality Health Care

15% have no health insurance
13% have problems paying for medications
14% put off medical treatment due to cost
74% have seen a doctor in the past year
13% reported being treated unfairly by a doctor

Financial Stress

36% have a household income of <$15,000
33% “just getting by” and an additional 21% find it difficult or very difficult

Possible Solutions for Improving Health in Fair Haven

Continue to Make Positive Individual Changes

58% made healthy changes to their diet in the past year
61% increased their exercise in the past year
43% report improved health compared to one year ago

Work Together for a Healthier Neighborhood

38% of Fair Haven residents agree that people are encouraging a healthy lifestyle in their neighborhood
42% agree that there have been changes in their neighborhood that make leading a healthy lifestyle easier
46% report that this is a close-knit neighborhood

What does this mean for Fair Haven?

The results from the New Haven Health Survey create a foundation for action in New Haven and Fair Haven. CARE and our community partners are seeking dedicated Fair Haven residents to help start projects to improve health, street by street.

Tell us what would make the difference in YOUR neighborhood...

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